

## 2001 California Dietary Practices Survey

**Table 70: Mean and Range of Days Heard Recommended for Physical Activity**

Question: *How many days per week should you be active?*

Base: *Out of those who heard recommendations for physical activity*

	Percent Heard <sup>1</sup>				Mean Days Heard <sup>2</sup>
	0-2 days	3-4 days	5-6 days	7+ days	
<b>Total</b>	<b>7</b>	<b>53</b>	<b>20</b>	<b>21</b>	<b>4.3</b>
<i>Sex</i>					
Males	8	54	17	20	4.2
Females	5	52	22	21	4.4
<i>Males</i>					
18 - 24	10	42	30	17	4.3
25 - 34	7	57	20	16	4.0
35 - 50	7	61	12	21	4.2
51 - 64	13	52	14	21	4.0
65+	6	44	20	30	4.5
<i>Females</i>					
18 - 24	3	65	27	5	3.9 <sup>ab</sup>
25 - 34	6	66	15	12	4.0 <sup>a</sup>
35 - 50	6	49	25	20	4.3 <sup>ab</sup>
51 - 64	5	43	21	31	4.8 <sup>b</sup>
65+	3	46	19	32	4.7 <sup>ab</sup>
<i>Ethnicity</i>					
White	5	55	22	18	4.3
Hispanic	13	45	13	29	4.3
Black	12	54	18	16	3.9
Asian/ Pacific Islander	2	55	14	29	4.6
<i>Education</i>					
Less than high school	14	39	9	38	4.6 <sup>a</sup>
High school graduate	9	41	19	30	4.6 <sup>b</sup>
Some college	5	58	19	19	4.2 <sup>ab</sup>
College graduate	5	60	23	13	4.1 <sup>a</sup>
<i>Income</i>					
Less than \$15,000	10	43	15	32	4.5
\$15,000 - 24,999	7	49	20	25	4.3
\$25,000 - 34,999	15	44	20	20	4.1
\$35,000 - 49,999	5	59	16	19	4.1
\$50,000+	3	60	24	14	4.1
<i>Physically Active</i>					
Did not meet recommendations					4.2
Met recommendations					4.3
<i>Overweight Status</i>					
Overweight/Obese	8	53	17	22	4.3
Not overweight	5	54	22	19	4.3

<sup>1</sup>A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

<sup>2</sup>A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA)

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA and Chi Square Test:

\* p<.05

\*\* p<.01

\*\*\* p<.001